

# 2018-2019 PREP EVALUATION

## Evaluation Report

### Summer 2018



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# Contents

<b>Introduction</b>	3
<b>Background</b>	3
TOP	3
Wise Guys.	3
<b>Methods</b>	3
Entrance and Exit Surveys with PREP Participants	3
Community Resource Surveys.	3
<b>Summary of findings</b>	4
Program Attendance	4
Participant Entrance Survey	4
Participant Exit Survey	6
<b>Community Resource Survey</b>	8
Cerro Gordo	8
Council Bluffs	9
Health Services	10
Concrete Services	11
Ottumwa.	15

# Introduction

## Background

The Personal Responsibility Education Program (PREP) is a federally-based initiative in the United States to educate young people on abstinence and contraception. The desired outcome is to prevent unintended pregnancy and transmission of sexually transmitted infections, including HIV/AIDS. PREP programming targets at-risk youth ages 10-19 that are homeless, in foster care, live in rural areas or in geographic areas with high teen birth rates, or come from racial or ethnic minority groups. PREP programming models are based on evidence-based practices that have shown to be effective in delaying initiation of adolescent sexual activity, increasing contraceptive use, and reducing rates of unintended pregnancy. PREP curricula may also address topics related to healthy relationships, adolescent development, healthy life skills, parent-child communication, financial literacy, and educational and career success. The U.S. Family and Youth Services Bureau (FYSB) awards individual states with funding for implementation of PREP programming. States may choose which programs are implemented under PREP from among 35 evidence-based programs selected by the federal government. In the state of Iowa, the Iowa Department of Public Health (IDPH) is the administrator of state PREP funding. IDPH awards contracts to community-based organizations and agencies through a competitive grant process. Each site must demonstrate the need for PREP funding in their community and their capacity to deliver an evidence-based program to the adolescent population. The state of Iowa currently offers funding for the implementation of two PREP curricula: the Teen Outreach Program (TOP) and Wise Guys, described in more detail below.

### TOP

The Teen Outreach Program® (TOP) is a comprehensive, evidence-based youth development curriculum that promotes the positive development of adolescents aged 12–18 years through a combination of group discussion and community service learning. Core activities across the curriculum include values clarification, healthy relationships, communication, goal setting, decision-making, development, and sexual health. The most unique aspect of TOP is the community service learning component, in which youth engage in 20 hours of service over the nine-month implementation period. These service projects have included making dog toys for animal shelters, helping to organize a community-wide AIDS walk, and developing a bullying awareness project.

### Wise Guys

Wise Guys® is a proven male-oriented teen pregnancy prevention program that educates and empowers 11 – 17 year-old males to make informed decisions. The program is designed to empower young male participants with the knowledge and skills needed to make educated decisions, encourage participants to respect themselves and others, helping participants to understand the importance of male responsibility, and improving communication with parents, educators, peers, and others.

## Methods

### Entrance and Exit Surveys with PREP Participants

As part of a larger evaluation of PREP programming in the state of Iowa, the University of Iowa analyzed entrance and exit surveys completed by PREP participants. Entrance surveys collected demographic information. Exit surveys collected demographic information and questions to assess the response to the program. All PREP participants who completed the entrance and exit survey were included. Summary statistics were produced for all the data.

### Community Resource Surveys

We were also interested in evaluating the awareness and utilization of community resources among PREP participants. To do this, we selected three sites that served high school students and asked each facilitator to prepare a list of resources in their community that students would use. We then developed a survey for each of the sites that asked “Have you heard of this resource?” and “Have you used any services at this resource in the past 5 months?”. Students completed paper copies of the survey at the same time they completed the Entry and Exit surveys. We had students fill in a unique

code consisting of the first three letters of their last name, the date they were born, and the last four numbers of their telephone number to match their responses in the fall and spring. Unfortunately, there were a number of mismatches between the fall and spring data collections, so we were unable to match the responses and one site did not complete the survey in the spring. All PREP participants who completed the fall and/or spring survey were included. Summary statistics were produced for all the data.

## Summary of findings

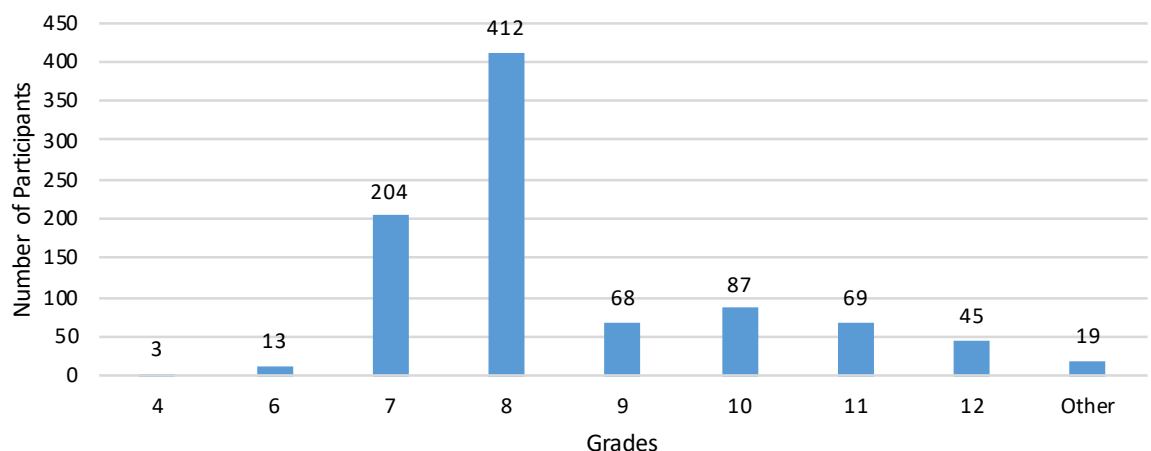
### Program Attendance

All programs were completed within the report period of August 1, 2018 and July 31, 2019. Between 8 and 36 program hours were delivered per cohort for an average of 15 hours. For all cohorts, 65.7% of program hours intended were delivered. A total of 1136 participants attended at least one program sessions. There were 1020 participants that attended sessions in school during school hours, 65 attended sessions in school after school hours and 51 attended sessions in a juvenile detention setting. Of those who attended sessions in school during school hours, 638 participants (59.6%) completed at least 75% of the intended program hours. Of those who attended sessions outside of school hours, 19 participants (29.2%) completed at least 75% of the intended program hours. Of those who attended sessions in a juvenile detention setting, 5 participants (9.8%) completed at least 75% of the intended program hours.

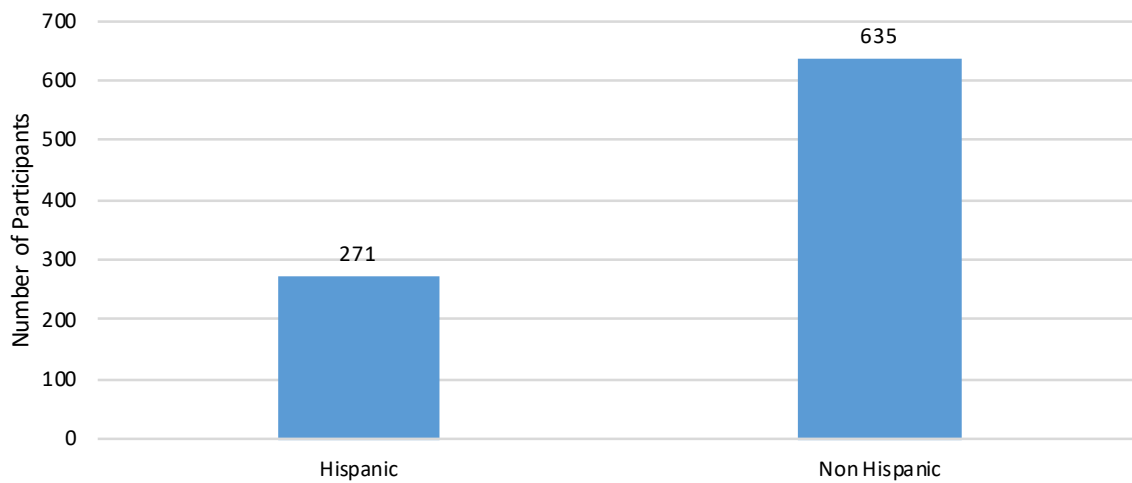
### Participant Entrance Survey

Nine hundred twenty-four participants completed the PREP Participant Entrance Survey. Of all of the participants, 700 participants were male and 212 were female while 12 did not respond to the gender question. Participants' ages ranged from 10 to 21+ years of age with an average age of 13.79 years. Figure 1 shows the grade distribution of the participants. There were 271 participants that indicated Hispanic ethnicity, 635 participants indicated they were non-Hispanic and 18 participants did not respond to the ethnicity question. Figure 2 shows participants' response to the ethnicity question while Figure 3 shows the participants' responses to the race question. Figure 4 shows participants' response to a question about their residence. There were 801 participants that marked "none of the above" and are not shown in Figure 4.

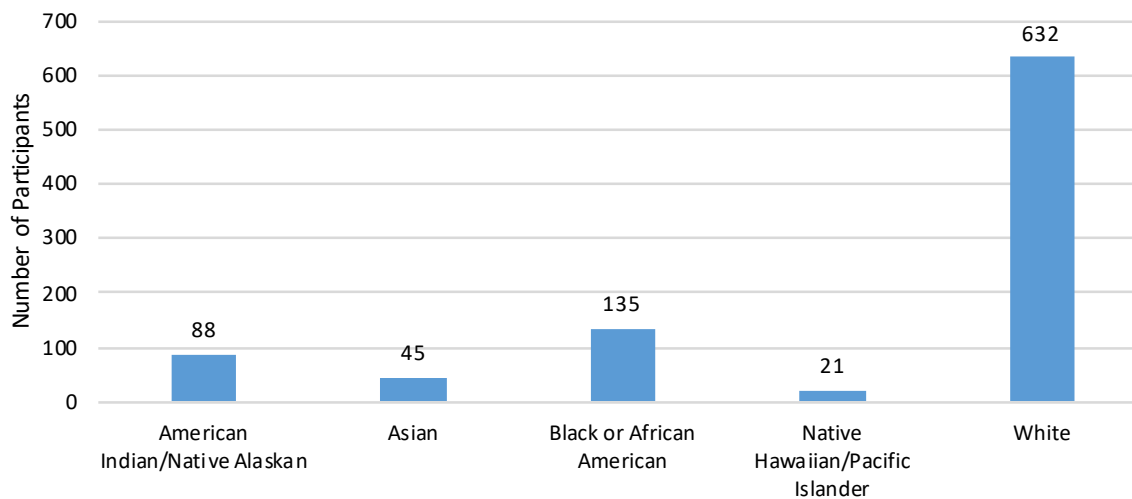
**Figure 1. PREP Participants Entrance Survey by Grade**



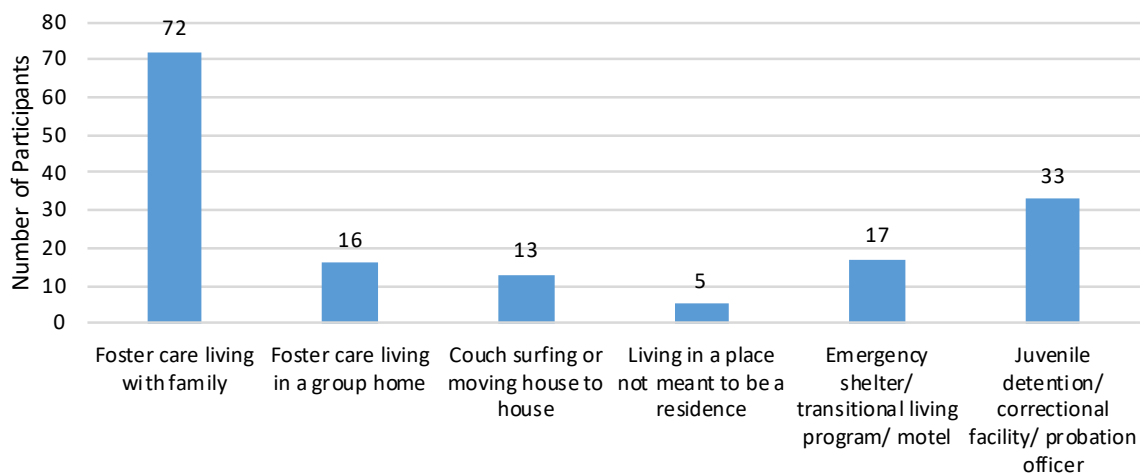
**Figure 2. PREP Participants Entrance Survey by Ethnicity**



**Figure 3. PREP Participants Entrance Survey by Race**



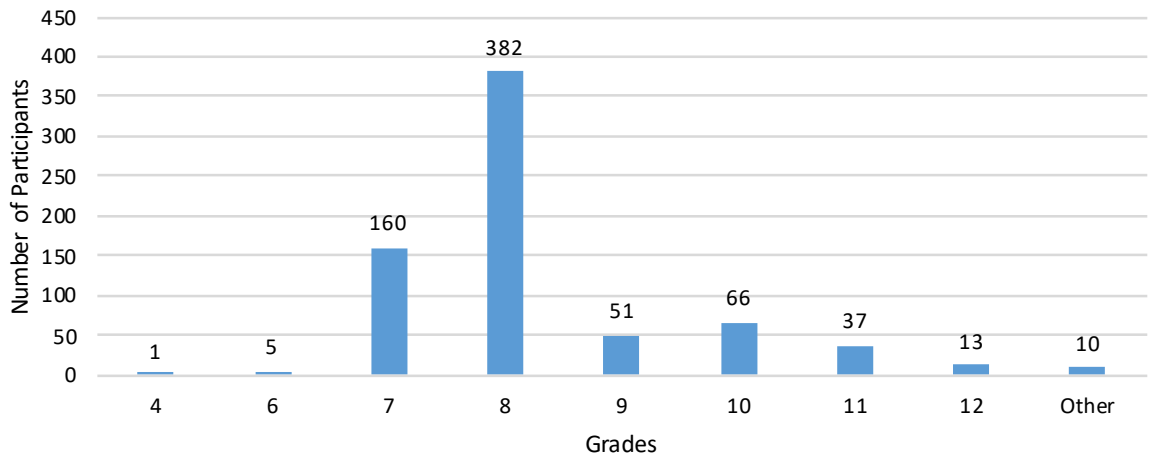
**Figure 4. PREP Participants Entrance Survey by Residence**



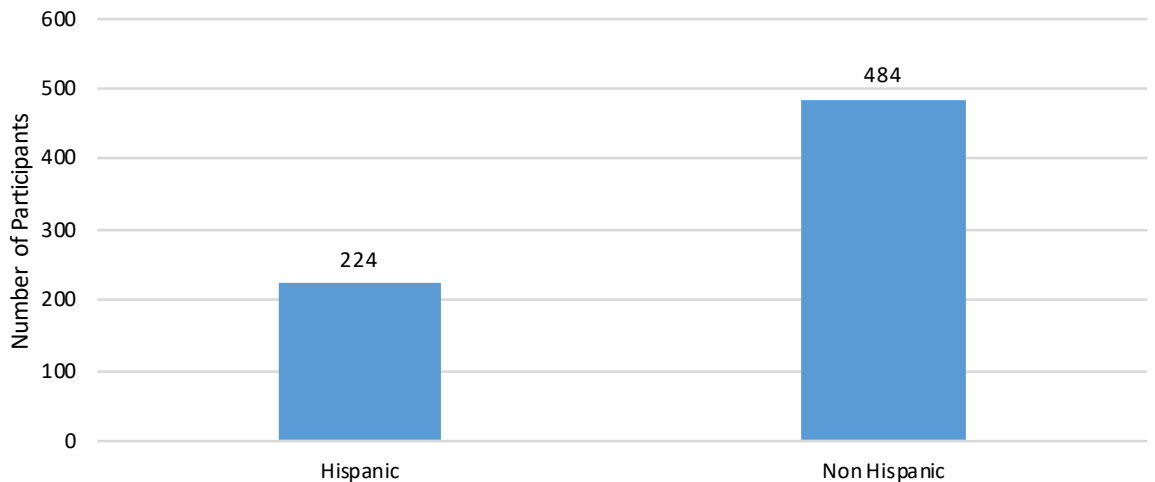
## Participant Exit Survey

Seven hundred and twenty six participants completed the PREP Participant Exit Survey. Of the participants, 529 were male and 192 were female while 5 did not respond to the gender question. Participants' ages ranged from 10 to 20 years of age with an average age of 14.02 years. Figure 5 shows the grade distribution of the participants. There were 234 participants that indicated Hispanic ethnicity, 484 participants indicated they were non-Hispanic and 8 participants did not respond to the ethnicity question. Figure 6 shows participants' response to the ethnicity question while Figure 7 shows the participants' responses to the race question. Figure 8 shows participants' response to a question about their residence. There were 656 participants that marked "none of the above" and are not shown in Figure 8.

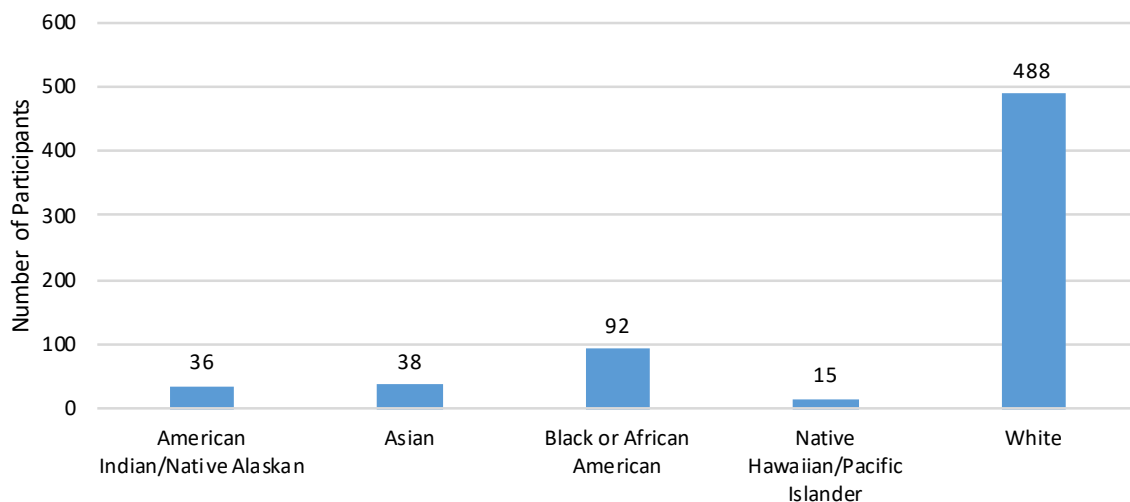
**Figure 5. PREP Participants Exit Survey by Grade**



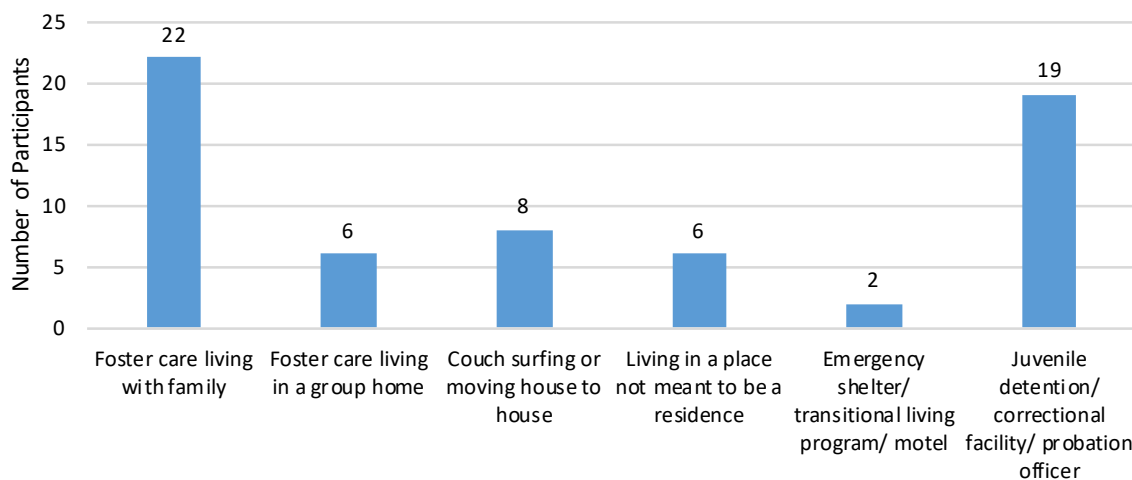
**Figure 6. PREP Participants Exit Survey by Ethnicity**



**Figure 7. PREP Participants Exit Survey by Race**



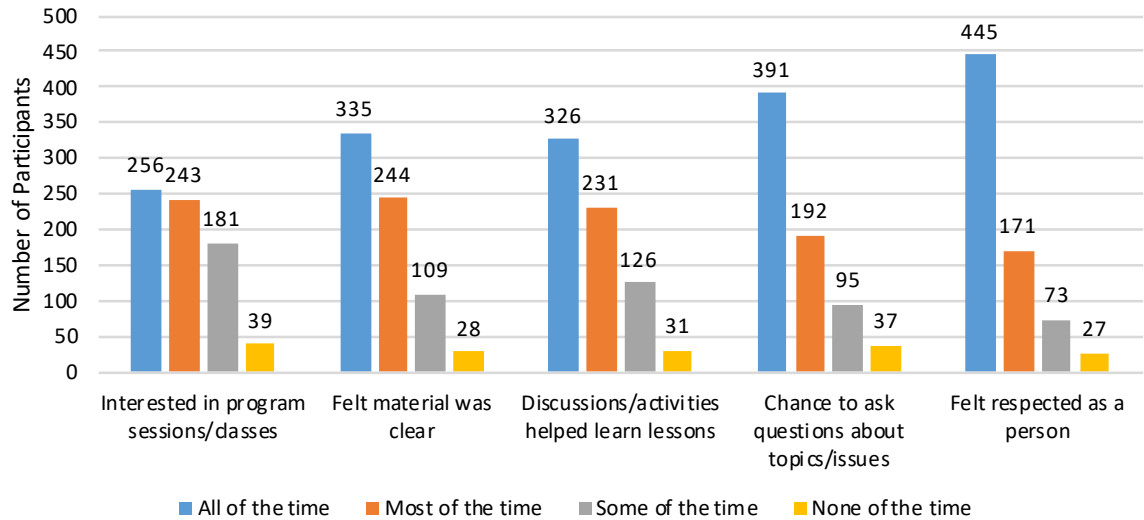
**Figure 8. PREP Participants Exit Survey by Residence**



Participants were also asked 5 questions to assess the response to the program and responded either “All of the time (4)”, “Most of the time (3)”, “Some of the time (2)”, or “None of the time (1)”. The participant’s responses to the four questions are shown in Figure 9.



**Figure 9. PREP Participants Exit Survey Response to Program**



## Community Resource Survey

### Cerro Gordo

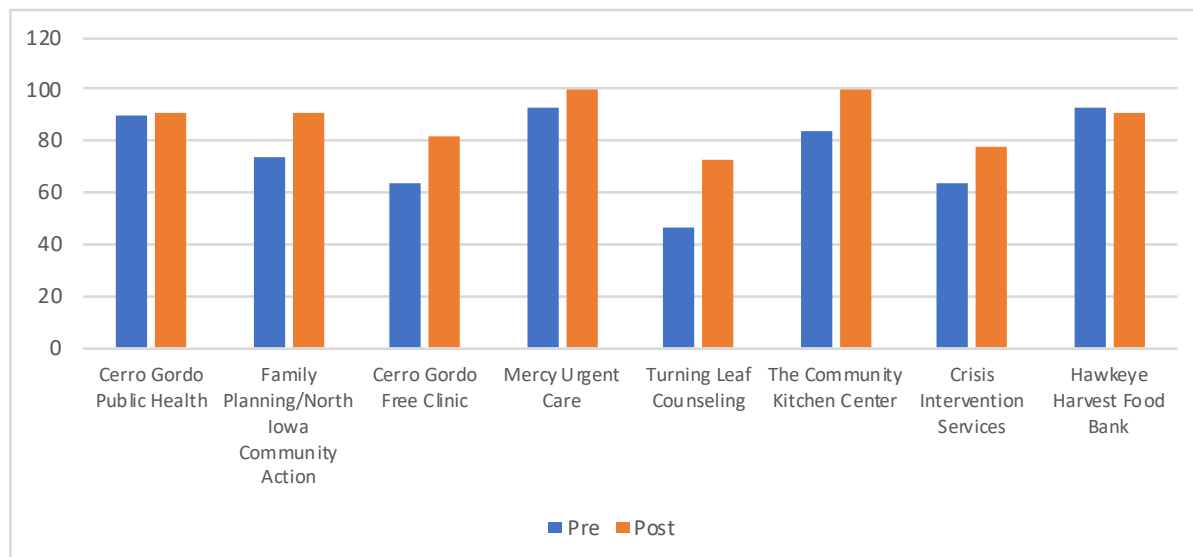
Thirty participants completed the entrance community resource survey in Cerro Gordo. Twenty two participants completed the exit community resource survey in Cerro Gordo. Table 1 shows the frequency and percent of responses that identified they had heard of or used the community resource at entrance and exit. Figures 10 and 11 compare the percentages of the responses at entry and exit.

**Table 1. Frequency and percent of responses for community resources in Cerro Gordo**

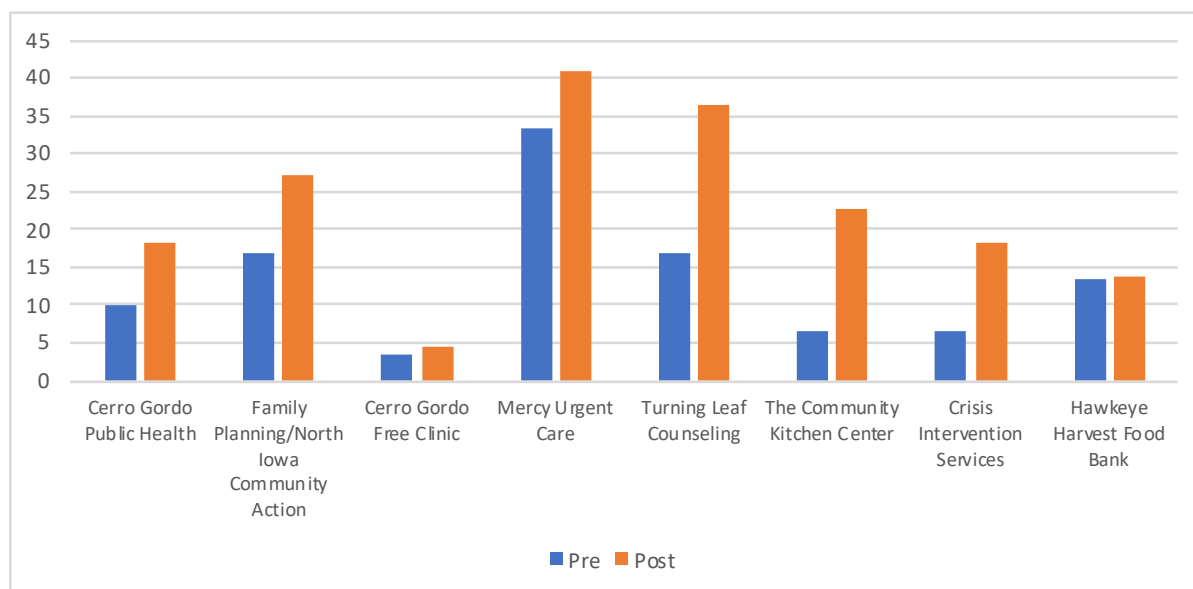
Community Resource Cerro Gordo	Frequency Heard Of (Entry) n=30	Frequency Heard Of (Exit) n=22	Frequency Used (Entry) n=30	Frequency Used (Exit) n=22
Cerro Gordo Public Health	27 (90.0%)	20 (90.9%)	3 (10.0%)	4 (18.2%)
Family Planning/North Iowa Community Action	22 (73.3%)	20 (90.9%)	5 (16.7%)	6 (27.3%)
Cerro Gordo Free Clinic	19 (63.3%)	18 (81.8%)	1 (3.3%)	1 (4.5%)
Mercy Urgent Care	28 (93.3%)	22 (100.0%)	10 (33.3%)	9 (40.9%)
Turning Leaf Counseling	14 (46.7%)	16 (72.7%)	5 (16.7%)	8 (36.4%)
The Community Kitchen Center	25 (83.3%)	22 (100.0%)	2 (6.7%)	5 (22.7%)
Crisis Intervention Services	19 (63.3%)	17 (77.3%)	2 (6.7%)	4 (18.2%)
Hawkeye Harvest Food Bank	28 (93.3%)	20 (90.9%)	4 (13.3%)	3 (13.6%)



**Figure 10. Frequency of Services Heard of Cerro Gordo pre and post intervention**



**Figure 11. Frequency of Services Used Cerro Gordo pre and post intervention**



## Council Bluffs

One hundred and seventy nine participants completed the entrance community resource survey in Council Bluffs. One hundred and twenty one participants completed the exit community resource survey in Council Bluffs.

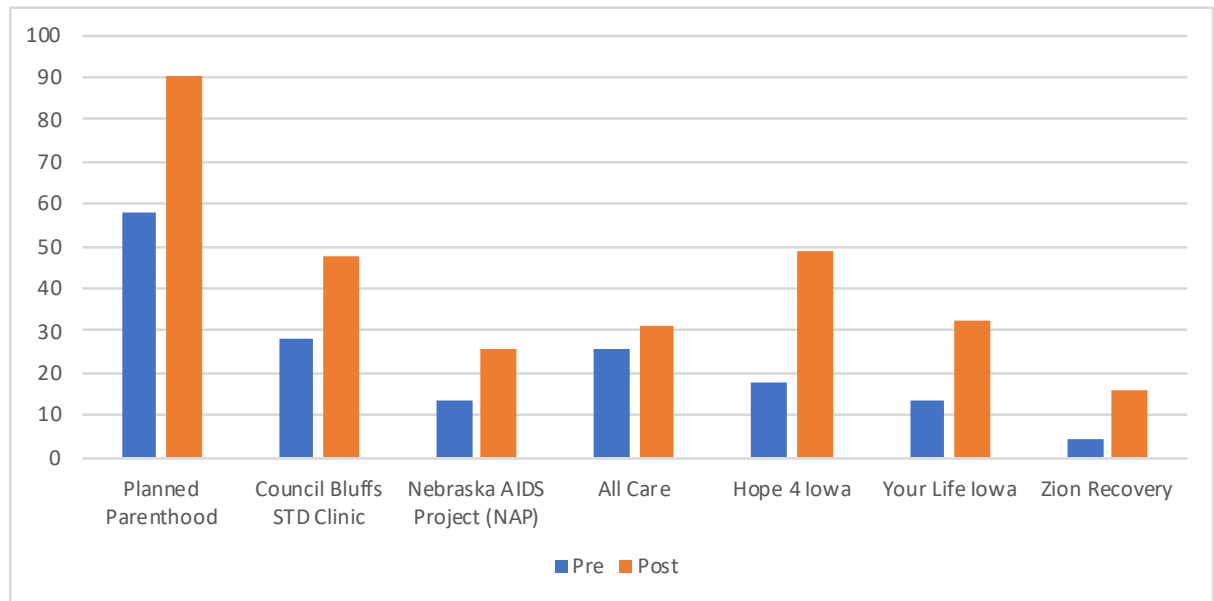
Resources were grouped into 3 categories: health services, concrete services and support services. Health services include sexual, mental and behavioral health. It also includes general health care and substance use services. Concrete services include emergency, housing, and food services. Support services include money, family, and counseling services. It also includes case management and legal aid. Tables 2, 3 and 4 show the frequency and percent of responses that identified they had heard of or used the community resource at entrance and exit. Figures 12-17 compare the percentages of the responses at entry and exit.

## Health Services

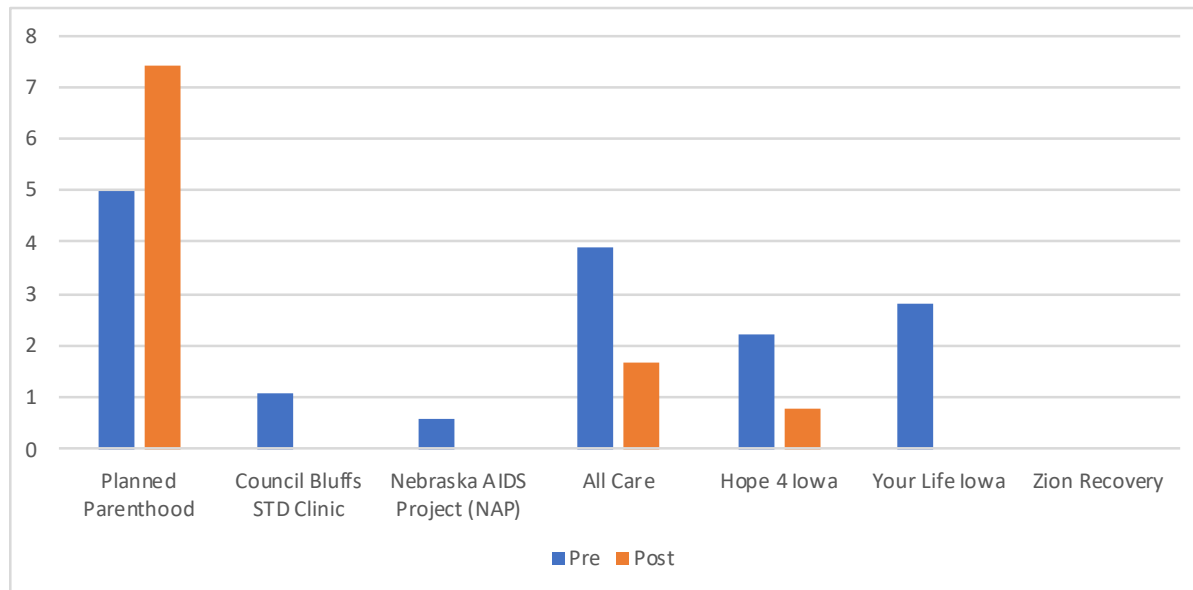
**Table 2. Frequency and percent of responses for health service community resources in Council Bluffs**

Community Resource Council Bluffs	Frequency Heard Of (Entry) n=179	Frequency Heard Of (Exit) n=121	Frequency Used (Entry) n=179	Frequency Used (Exit) n=121
<b>Planned Parenthood</b>	104 (58.1%)	109 (90.1%)	9 (5.0%)	9 (7.4%)
<b>Council Bluffs STD Clinic</b>	50 (27.9%)	58 (47.9%)	2 (1.1%)	0 (0.0%)
<b>Nebraska AIDS Project (NAP)</b>	24 (13.4%)	31 (25.6%)	1 (0.6%)	0 (0.0%)
<b>All Care</b>	46 (25.7%)	38 (31.4%)	7 (3.9%)	2 (1.7%)
<b>Hope 4 Iowa</b>	32 (17.9%)	59 (48.8%)	4 (2.2%)	1 (0.8%)
<b>Your Life Iowa</b>	24 (13.4%)	39 (32.2%)	5 (2.8%)	0 (0.0%)
<b>Zion Recovery</b>	8 (4.5%)	19 (15.7%)	0 (0.0%)	0 (0.0%)

**Figure 12. Percentages of Health Services Heard of Council Bluffs Entry and Exit**



**Figure 13. Percentages of Health Services Used Council Bluffs Entry and Exit**

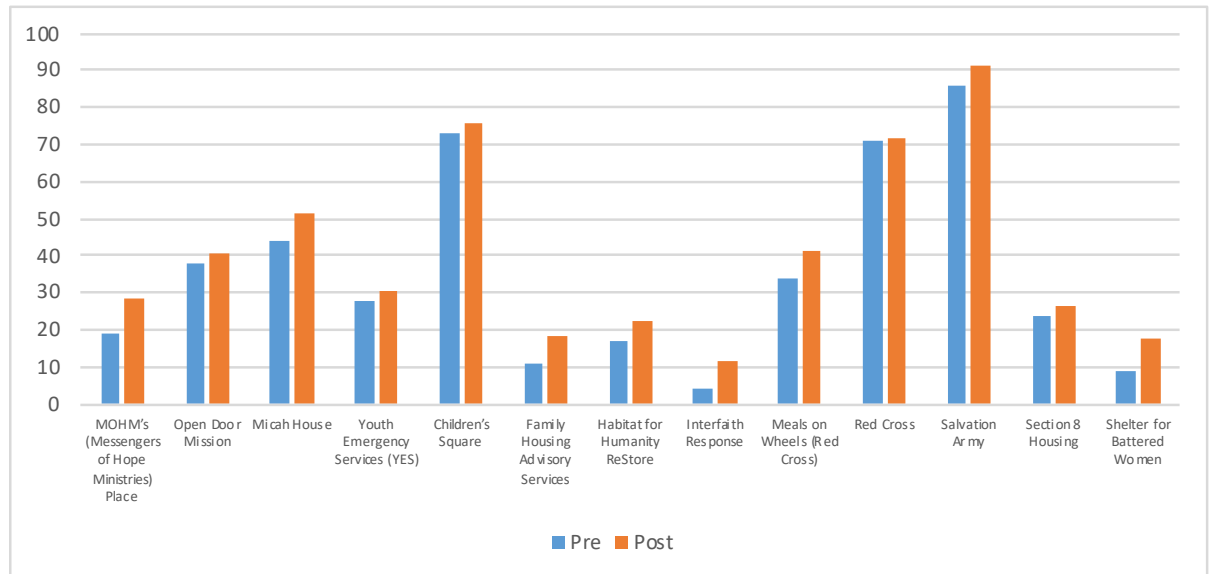


## Concrete Services

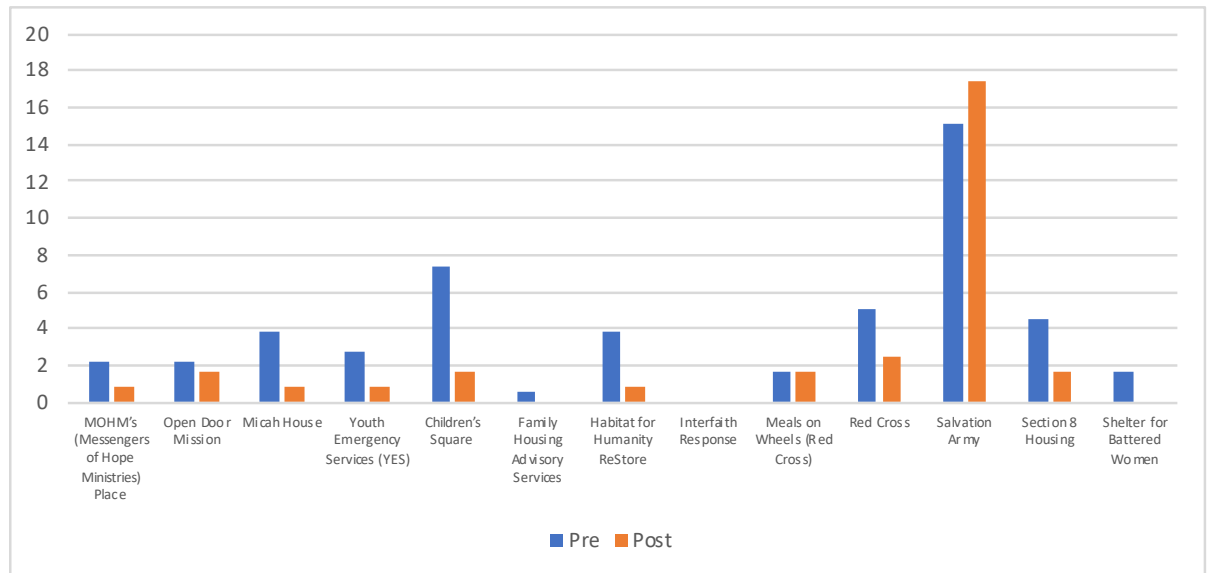
**Table 3. Frequency and percent of responses for concrete service community resources in Council Bluffs**

Community Resource Council Bluffs	Frequency Heard Of (Entry) n=179	Frequency Heard Of (Exit) n=121	Frequency Used (Entry) n=179	Frequency Used (Exit) n=121
<b>MOHM's (Messengers of Hope Ministries) Place</b>	34 (19.0%)	34 (28.1%)	4 (2.2%)	1 (0.8%)
<b>Open Door Mission</b>	68 (38.0%)	49 (40.5%)	4 (2.2%)	2 (1.7%)
<b>Micah House</b>	78 (43.6%)	62 (51.2%)	7 (3.9%)	1 (0.8%)
<b>Youth Emergency Services (YES)</b>	49 (27.4%)	37 (30.6%)	5 (2.8%)	1 (0.8%)
<b>Children's Square</b>	131 (73.2%)	92 (76.0%)	13 (7.3%)	2 (1.7%)
<b>Family Housing Advisory Services</b>	19 (10.6%)	22 (18.2%)	1 (0.6%)	0 (0.0%)
<b>Habitat for Humanity ReStore</b>	30 (16.8%)	27 (22.3%)	7 (3.9%)	1 (0.8%)
<b>Interfaith Response</b>	7 (3.9%)	14 (11.6%)	0 (0.0%)	0 (0.0%)
<b>Meals on Wheels (Red Cross)</b>	60 (33.5%)	50 (41.3%)	3 (1.7%)	2 (1.7%)
<b>Red Cross</b>	127 (70.9%)	87 (71.9%)	9 (5.0%)	3 (2.5%)
<b>Salvation Army</b>	154 (86.0%)	110 (90.9%)	27 (15.1%)	21 (17.4%)
<b>Section 8 Housing</b>	43 (24.0%)	32 (26.4%)	8 (4.5%)	2 (1.7%)
<b>Shelter for Battered Women</b>	16 (8.9%)	21 (17.4%)	3 (1.7%)	0 (0.0%)

**Figure 14. Percentages of Concrete Services Heard of Council Bluffs Entry and Exit**



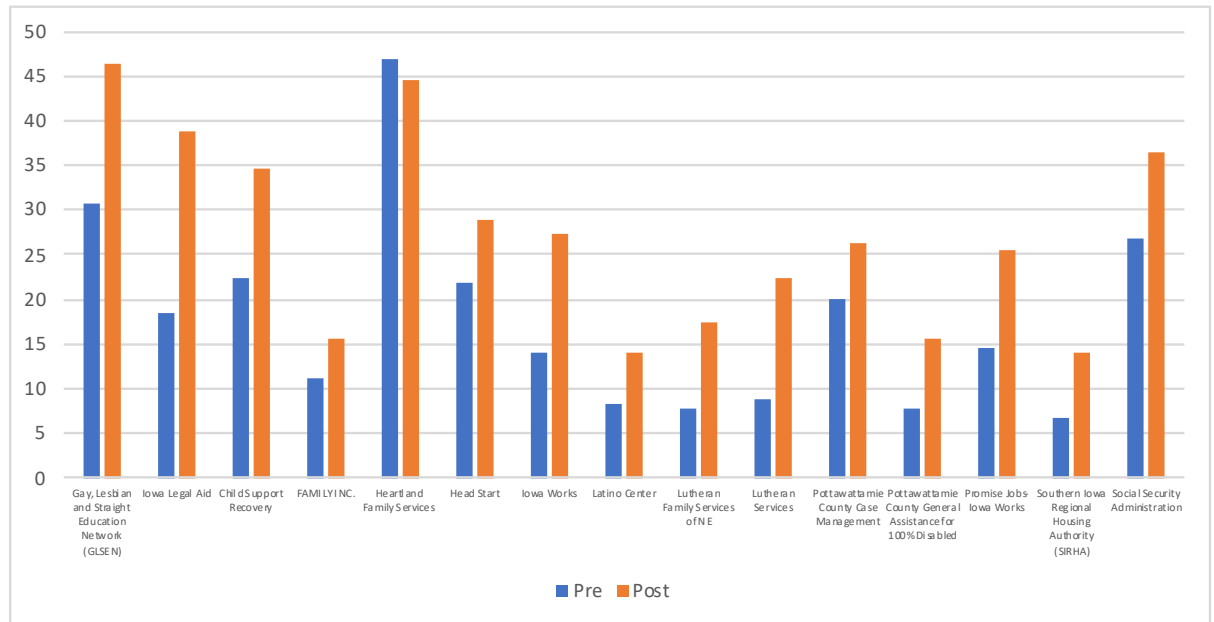
**Figure 15. Percentages of Concrete Services Used Council Bluffs Entry and Exit**



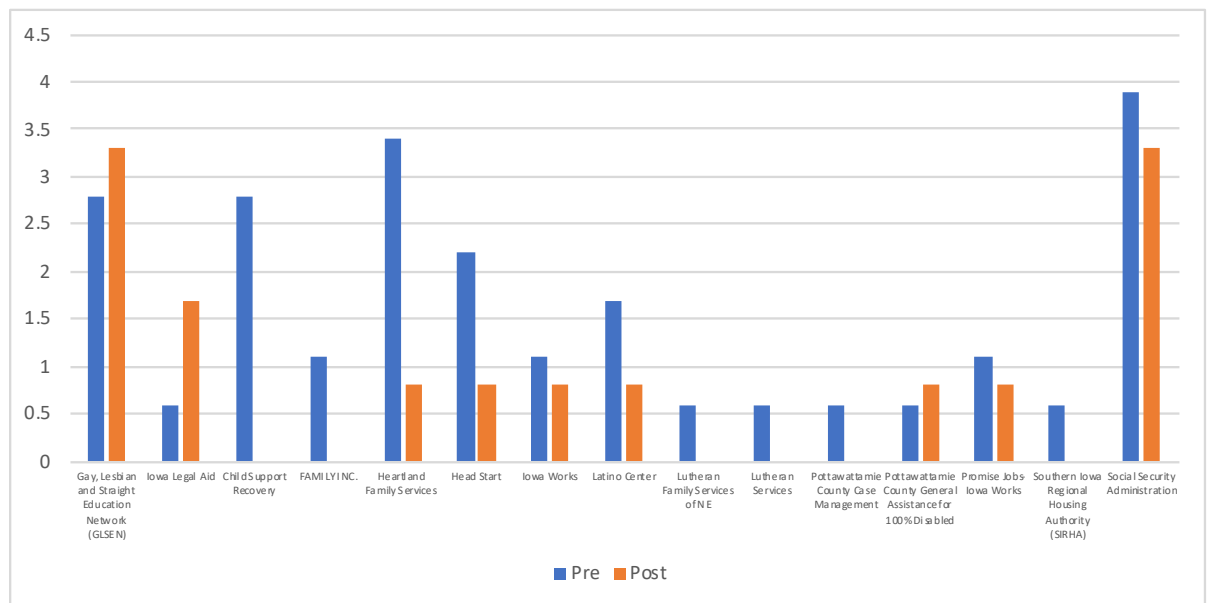
**Table 4. Frequency and percent of responses for support service community resources in Council Bluffs**

<b>Community Resource Council Bluffs</b>	<b>Frequency Heard Of (Entry) n=179</b>	<b>Frequency Heard Of (Exit) n=121</b>	<b>Frequency Used (Entry) n=179</b>	<b>Frequency Used (Exit) n=121</b>
<b>Gay, Lesbian and Straight Education Network (GLSEN)</b>	55 (30.7%)	56 (46.3%)	5 (2.8%)	4 (3.3%)
<b>Iowa Legal Aid</b>	33 (18.4%)	47 (38.8%)	1 (0.6%)	2 (1.7%)
<b>Child Support Recovery</b>	40 (22.3%)	42 (34.7%)	5 (2.8%)	0 (0.0%)
<b>FAMILY INC.</b>	20 (11.1%)	19 (15.7%)	2 (1.1%)	0 (0.0%)
<b>Heartland Family Services</b>	84 (46.9%)	54 (44.6%)	6 (3.4%)	1 (0.8%)
<b>Head Start</b>	39 (21.8%)	35 (28.9%)	4 (2.2%)	1 (0.8%)
<b>Iowa Works</b>	25 (14.0%)	33 (27.3%)	2 (1.1%)	1 (0.8%)
<b>Latino Center</b>	15 (8.4%)	17 (14.0%)	3 (1.7%)	1 (0.8%)
<b>Lutheran Family Services of NE</b>	14 (7.8%)	21 (17.4%)	1 (0.6%)	0 (0.0%)
<b>Lutheran Services</b>	16 (8.9%)	27 (22.3%)	1 (0.6%)	0 (0.0%)
<b>Pottawattamie County Case Management</b>	36 (20.1%)	32 (26.4%)	1 (0.6%)	0 (0.0%)
<b>Pottawattamie County General Assistance for 100% Disabled</b>	14 (7.8%)	19 (15.7%)	1 (0.6%)	1 (0.8%)
<b>Promise Jobs- Iowa Works</b>	26 (14.5%)	31 (25.6%)	2 (1.1%)	1 (0.8%)
<b>Southern Iowa Regional Housing Authority (SIRHA)</b>	12 (6.7%)	17 (14.0%)	1 (0.6%)	0 (0.0%)
<b>Social Security Adminis- tration</b>	48 (26.8%)	44 (36.4%)	7 (3.9%)	4 (3.3%)

**Figure 16. Percentages of Support Services Heard of Council Bluffs Entry and Exit**



**Figure 17. Percentages of Support Services Used Council Bluffs Entry and Exit**



## Ottumwa

Thirty nine participants completed the entrance community resource survey in Council Bluffs.

**Table 5. Frequency and percent of responses for community resources in Council Bluffs**

<b>Community Resource Ottumwa</b>	<b>Frequency Heard Of (Entry) n=39</b>	<b>Frequency Used (Exit) n=39</b>
<b>Blessing Soup Kitchen</b>	20 (51.3%)	0 (0.0%)
<b>SIEDA Substance Abuse Services</b>	28 (71.8%)	5 (12.8%)
<b>Southern Iowa Mental Health</b>	32 (82.1%)	10 (25.6%)
<b>River Hills Family Planning</b>	30 (77.0%)	8 (20.5%)
<b>Wapello County Public Health</b>	26 (66.7%)	5 (12.8%)
<b>Ottumwa Housing Authority</b>	20 (51.3%)	3 (7.7%)
<b>Red Cross</b>	28 (71.8%)	1 (2.6%)
<b>Iowa Workforce Development</b>	27 (69.2%)	1 (2.6%)
<b>Goodwill</b>	34 (87.2%)	12 (30.8%)
<b>Women, Infants, Children (WIC)</b>	18 (46.2%)	2 (5.1%)
<b>River Hills Dental</b>	31 (79.5%)	7 (17.9%)
<b>Department of Human Services (DHS)</b>	29 (74.4%)	6 (15.4%)